

SEXUAL VIOLENCE: PREVENTION AT EVERY AGE & STAGE

Sexual assault victims run from children to senior citizens. Please join this FREE public educational program which will help audience members understand and talk about each stage of life in which a person can be a victim of sexual violence. Moderated by Foxborough Chief of Police Edward O'Leary, we will be joined by a panel of experts from the District Attorney's office, New Hope, Foxborough Public Schools and HESSCO Elder Service on Wednesday, May 8th from 7:00 to 8:30 p.m. at the Ahern Middle School, 111 Mechanic Street, Foxborough, MA. Attendees will learn about warning signs, education, and prevention techniques. Space is limited, so please RSVP to Jessica Tancrell at 508-718-4311 or email JLTancrell@Partners.org. This program is presented by HUGS (Help Us Get Safe) Foxboro, in collaboration with Foxborough Council on Aging and Human Services, Foxborough Police Department, Brigham and Womens'/Mass General Health Care Center and New Hope.

Monday, April 29

Ceramics (in lieu of 5/2) 9:00 a.m.

Sit & Be Fit 9:30 a.m.

Tai Chi 10:45 a.m.

Knitting 1:00 p.m.

Shaw's 1:00 p.m.

Tuesday, April 30

Stretch and Balance 8:30 a.m.

Manicures 9:00 a.m.

Nutrition 11:00 a.m.

Discussion Group 1:00 p.m.

Farewell Party for Bill Driscoll 1:30 p.m.

Talespinners 2:00 p.m.

Wednesday, May 1

Strength Training 8:30 a.m.

Chorus 10:00 a.m.

Video Lecture Series: History of the United States 11:30 a.m.

Kohl's @ Mansfield Crossing 1:00 p.m.

Zumba 2:30 p.m.

Thursday, May 2

Mother's Day Social 10:00 a.m.

Living with Diabetes 1:00 p.m.

Friday, May 3

Final Payment Due to Tours of Distinction for Noah's Ark Trip

Stop & Shop 8:30 a.m.

YMCA Exercises 9:30 a.m.

Cribbage 11:00 a.m.

Card Making 11:00 a.m.

Italian 2 Class 1:00 p.m.

Monday-Thursday 8 a.m. to 4 p.m., Friday 8 a.m. to 3 p.m. Tel. 508-543-1252. www.foxboroughma.gov

SPECIAL EVENTS AND PROGRAMS

MOTHER'S DAY SOCIAL

Come and celebrate Mother's Day with us here at the senior center on Thursday, May 2nd at our Mother's Day Social. All women are welcome and encouraged to treat themselves to a delicious, light brunch together and

some socialization from 10:00 a.m. to 11:30 a.m. Enjoy spending time with each other, sharing remembrances of your mother or of being a mother in honor of Mother's Day. Space will be limited, so please call 508-543-1252 to reserve your spot.

FAREWELL PARTY FOR BILL DRISCOLL

Come and join us on Tuesday, April 30th from 1:30 p.m. to 3:00 p.m. for an opportunity to wish a "Happy Retirement" to Bill Driscoll, our beloved long-time, dedicated van driver. Take advantage of this chance to visit with Bill as we thank him for all of his years of service to our seniors and our community. Light refreshments will be served. Please call 508-543-1252 to RSVP.

LIVING WITH DIABETES

Did you know that over 25 million people in the United States are living with diabetes? Come to the senior center on Thursday, May 2nd at 1:00 p.m. to hear Tom Keough, R.Ph., Pharmacy Manager at Stop & Shop in Mansfield and Diabetes Educator as he helps us understand how to best live with and manage diabetes. Tom will share his expertise with us, teaching practical skills for living a healthy life with this ongoing condition. Tom will be bringing some healthy refreshments and snacks for us to enjoy! Please call us at 508-543-1252 to let us know that you will be coming.

MY LIFE, MY HEALTH

Are you living with an ongoing condition such as asthma, diabetes, high blood pressure, heart disease, obesity, or arthritis? Would you like to feel better, have more energy, increase your stamina and take control of your health rather than letting it control you? *My Life, My Health* is a FREE 6 week workshop which can teach you practical skills for living a healthy life for participants with an ongoing condition. Developed by Stanford University's Patient Education Department, the workshop is designed to help people learn to manage their ongoing conditions and improve the quality of their lives. Family members, friends and caregivers can also participate. Each highly interactive weekly workshop is 2 ½ hours long and will be led by trained peer counselors. By participating in this 6 week workshop, you can increase your confidence and motivation needed to manage the challenges of living with an ongoing health condition. If you would be interested in this opportunity, more information will be presented at the "Living with Diabetes" program on Thursday, May 2nd at 1:00 p.m. or you can call the senior center at 508-543-1252.

FRIENDS OF FOXBORO SENIORS PLANT SALE

Attention all you gardeners! As the weather gets nicer and the perennials start coming up and need thinning, think of donating them to the Friends of Foxboro Seniors Plant Sale. They will be happy to accept your cuttings, plants, bulbs, or shrubs. You can place items in a pot, plastic container or even a plastic bag. Donate your extra plastic or clay pots too. 100% of the proceeds from the sale will go to the Friends of Foxboro Seniors for their support of programs at the senior center. The sale will be on Saturday, May 11th from 9:00 a.m. to 12:00 noon on the Foxborough Common and will be featuring Ralph Guimond's famous and beautiful African Violets. Get your plants in time for Mother's Day! Please note that this is a Plant Sale only. There will *not* be a bake sale this year. Raindate for the Plant Sale will be the following Saturday, May 18th, same time, same location. Please call Joanne Pratt at 508-543-6964 to make arrangements for your donations or for further information.

MEDICAL INFORMATION AND SERVICES

PODIATRIST

Dr. Willinsky, Board Certified by American Board of Podiatric Orthopedics, is available at the senior center every other month on the first Monday at 12:00 noon. His next visit will be on Monday, May 6th. Clients are seen on a first come, first served basis. The cost to see Dr. Willinsky is \$20.00 per person and checks can be made out directly to Dr. Jeffrey Willinsky. The Van-Go is available for anyone needing transportation ... call 508-543-1252 to arrange a ride.

S.H.I.N.E.

With all the changes in insurance, prescription coverage, and Medicare, we all need to have someone to help us understand what has happened. We have SHINE (Serving Health Information Needs of Elders) counselors, Judy Murphy and Ed Raider of HESSCO (Health and Social Services Consortium), covering Norfolk County, who will be at the senior center on the 1st Tuesday and 3rd Thursday of the month in the mornings. The next available appointments will be on Tuesday, May 7th. Please give us a call at 508-543-1252 so that we can schedule an appointment for you.

REGULARLY SCHEDULED

BINGO!

Calling all Bingo players...Come and join the fun on the 1st Tuesday of each month as we play Bingo together at the senior center. Try your luck and win cash prizes in varying amounts. There will be a nominal fee of \$1 per card. Our next Bingo afternoon will be on Tuesday, May 7th from 2:00 p.m. to 3:30 p.m. Please call 508-543-1252 to let us know that you will be coming. This event is sponsored by the Friends of Foxboro Seniors.

BOOKS ON TAPE BOOK CLUB

The Book Club meets at the Foxboro Senior Center on the first Monday of every month. Each month a new title is selected and is made available on Perkins tapes, library tapes, CDs and books. Seniors, who have limited vision, have difficulty holding or reading a book, or who simply enjoy listening on tape are able to enjoy this group. The group is led by Community Social Worker, Noreen Sherys. Our next meeting is on Monday, May 6th at 11:00 a.m. If you would like to participate in this group, please call 508-543-1252.

MANICURES

Our manicurist, Sheri Thorpe will be here next on Tuesday, April 30th beginning at 9:00 a.m. for 20 minute appointments. Sheri uses quality OPI products and has been the manicurist at our neighboring Plainville Council on Aging. She comes to us with high recommendations. Just call us at 508-543-1252 to make your appointment for this service that will leave you feeling and looking great!

VIDEO LECTURE SERIES: "THE HISTORY OF THE UNITED STATES"

As part of "The Great Courses" video lecture series from our Kastrenos Library of Illuminating Lectures, we will be offering "The History Of The United States" on Wednesdays at the senior center through May 8th from 11:30 a.m. to 1:00 p.m. Professors Gary W. Gallagher, Patrick N Allitt, and Allen C. Guelzo are a team of award winning experts on America's dramatic past. Join us as they explore the origins of our great country from the beginning settlements, to the American Revolution, to the Great Compromise. This is the story of how to make a republic--make it in the midst of a hurricane of economic change, make it despite conflict and prejudice, make it so that it re-makes its own citizens into a people utterly different from anything the world has seen before--and how to keep it or at times very nearly lose it. This series is touted as "pure intellectual stimulation" by *Harvard Magazine* and "a serious force in American education" by *The Wall Street Journal*. Please call 508-543-1252 to sign-up for this wonderful educational opportunity. Watch for other series to follow!

SHOPPING

We will be going to Shaw's on Mondays at 1:00 and 1:30 p.m., and to Stop & Shop on Fridays at 8:30 a.m. There is room on the van if you would like to take advantage of sales at both stores. The following is a list of other shopping trips and outings we have planned. They all take place on Wednesdays at 1:00 p.m. If you would like to go on the van, please call the senior center to arrange a ride.

May 1 Kohl's @ Mansfield Crossing

May 8 Christmas Tree Shops

May 15 Wal-Mart

TRAVEL AND ENTERTAINMENT

ISABELLA STEWART GARDNER MUSEUM TRIP

Join the Foxboro seniors on Thursday, June 13th for a great day in Boston! We will start with a guided tour of the Isabella Stewart Gardner Museum. Isabella Stewart Gardner first welcomed visitors to her museum on New Year's Day, 1903. On that evening, guests listened to the music of Bach, Mozart, and Schumann, gazed in wonder at the courtyard full of flowers, and viewed one of the nation's finest collections of art. To this day, visitors experience much the same thing. The Gardner Museum has remained essentially unchanged since its founder's death in 1924, unchanged but certainly not stagnant. Three floors of galleries surround a garden courtyard blooming with life in all seasons. The Museum is filled with paintings, sculpture, tapestries, furniture and decorative arts from cultures spanning 30 centuries. Then in the afternoon we are off to an amazing lunch at Maggiano's, Little Italy. Here you will enjoy authentic, home-made Italian American cuisine at its best. Enjoy your Italian favorites served family style. This day is a feast for the senses not to be missed! The cost for this day trip is \$91 per person including driver's tip. Checks should be made payable to "Town of Foxborough COA." Payment will be due by Friday, May 10th. Your motorcoach bus will depart from St. Mary's Church parking lot at 10:00 a.m. on Thursday, June 13th and will return home at approximately 4:30 p.m. Sign-up for this opportunity by calling the senior center at 508-543-1252.

"NOAH'S ARK" TRIP-spaces still available

Come along with the Foxboro seniors on a 3-day trip to Pennsylvania from July 1-3, 2013. On Monday, you will head to Reading, PA, on a comfortable motorcoach bus to the beautiful Crowne Plaza Hotel. You will have an opportunity to enjoy the hotel's amenities or take the free shuttle buses to the famous Reading Outlets for shopping. In the evening, enjoy a Wine & Cheese reception followed by a sit down dinner topped off with a live musical comedy show. On Tuesday, enjoy a full hot breakfast buffet before traveling into neighboring Lancaster County. You will be led on a guided sightseeing tour of Amish Country where you will learn about and see the customs and lifestyle of the Amish people. In the afternoon, you will take your seat in the spectacular Millennium Theater for the big show, "NOAH." Watch the animals march two by two into the immense lifesaving Ark. Sail through the great flood on one of the most amazing experiences of all time. This is a powerful show, and one of the most famous stories ever told. Dinner will be included at the Shady Maple Smorgasbord in Amish Country before returning to the Crowne Plaza for the evening. On Wednesday after your hot breakfast buffet, you will head to Kutztown for the 64th annual Kutztown Folk Festival, a celebration of Pennsylvania Dutch culture. There are crafts, quilt sales, music and traditional dancing, antiques, folk life demonstrations, animals and Pennsylvania Dutch foods. Featured in National Geographic, the Kutztown Festival is one of the nation's most colorful celebrations. Tips for the bus driver, tour escort, Amish Country Guide and hotel bellman are included. Your cost for this incredible trip is \$419 for Double Occupancy, \$499 for Single Occupancy, and \$399 for Triple Occupancy. All payments should be made directly to Tours of Distinction. The 1st deposit of \$210 will be due along with your registration form and optional travel insurance (\$28 for Double or Single; and \$21 for a Triple). The final payment will be due by Friday, May 3, 2013. Reservation forms will be available only through the Foxborough COA. You may sign-up for this wonderful opportunity by calling 508-543-1252.

MEALS AT THE RODMAN BUILDING AT ANNON COURT SERVED AT 11:45 A.M.

If you plan to eat, give Marcia at least two days notice by calling 508-698-0754. Suggested donation is \$2.50. The Van-Go is available for transportation on a limited basis by calling the senior center at 508-543-1252.

Meals contain approx. 700 calories, 600 mgs. sodium with no added salt, 3 oz. entrée, low fat & low sodium gravies.

Monday, April 29

Sweet & Sour Chicken

Asian Rice

Oriental Vegetables

Wheat Bread

Pineapple Chunks

Tuesday, April 30

Cheese Tortellini W/Tomato Basil Sauce
Cut Green Beans
Multigrain Roll
Fruited Jello

Wednesday, May 1

Chicken Vegetable Soup
Honey Glazed Chicken
Au Gratin Potatoes
Whole Wheat Roll
Fresh Orange

Thursday, May 2

Sausage With Peppers & Onions
Hash Brown Potatoes
Mixed Vegetables
Club Roll
Mixed Fruit

Friday, May 3

Baked Fish W/Lemon Dill Sauce
Whipped Potatoes
Glazed Carrots
Whole Wheat Bread
Cherry Turnover